

Differences in Mood Patterns and Psychological Characteristics of Young Wrestlers

Dr./ Ahmed Abdo Hassan Abdel Wareth

Summary of the research in Arabic:

Wrestling is one of the types of wrestling sports, and one of the most important Olympic sports included in the Olympic program for a long time, which is of paramount importance in terms of the huge amount of gold, silver and bronze medals, in addition to its multiple benefits for its practitioner. Therefore, those in charge of it seek to give their thought to try to further develop it and raise its technical, planning and legal level, through the use of all scientific methods and modern training methods. The research aims to identify the differences in mood patterns and psychological traits for young wrestlers.

The researcher used the descriptive approach for its relevance with the nature of the research procedures, and the research sample was randomly selected and included (75 players) from the junior wrestling sport in Assiut Governorate clubs who are registered in the clubs for the sports season 2021/2022 AD and whose ages ranged from (12-15) years from the tools of collecting scale Mood patterns and psychological traits scale for junior sports

Abstracts:

- 1- The characteristic temperament of the wrestlers in light weight is the stimulating nervous force pattern, the characteristic temperament of the wrestlers in the middle and heavy weight is the balanced nervous work force pattern)
- 2- The distinguishing psychological features of wrestling players are (determination, persistence, self-confidence, vigilance, commitment).
- 3- There is a statistically significant correlation between the mood patterns and the distinct psychological features of the wrestling youth.

Recommendations:

- 1- The necessity of paying attention to training statisticians on how to measure mood patterns so that they can easily and without errors from time to time. The need to work on continuous physical measurements to know the typical development of the wrestling player during each stage he goes through and during training periods, especially the junior stage.

Introduction and research problem

What man has achieved in performing various sports activities is a human miracle, and this is what we see through the Olympic courses and world championships, which made scientists and those in charge of the training process look at everything that

affects and helps the development of the individual's performance in all different sports activities in order to progress and raise the level of performance individual athlete.

Mood, as one of the components of personality, is considered a set of

psychological characteristics and characteristics that distinguish the emotions of an individual from other individuals. The blood type, the biliary type, the melancholic pattern.” Pavlop then developed the first scientific theory of mood, describing people among themselves into four main neurological types: the first: strong - balanced - active, the second type: strong - balanced - inactive, the third type: strong - not Balanced - Active, fourth type: Weak. It is these main patterns that depend on the individual’s temperamental nervous characteristics, and there are many sports activities that require the player to be distinguished by certain temperamental characteristics so that he can achieve the highest levels of sports. (4:2)

Tany Berry confirms "(2018 AD) that knowing the player's mood patterns can be used to discover changes in the player's general condition at different times during the competition season. Also, the player's speed of preparation for competitions and noting the most important changes in the various responses, which may be an indication of the need to intervene in the affairs of The player may provide the coach with information that prevents poor performance leading to defeat or even the player reaching psychological burnout (12:122,113)

Mustafa Bahi and others (2015 AD) believe that distinguished athletes

must deal with continuous changes in the external and internal environments, and this requires them to pay attention to the factors that affect their ability to move and move effectively during matches, and it is known that players differ from each other in terms of motives, needs and values Emotions and aspirations that also differ according to their beliefs, ways of thinking, understanding, feelings and methods of work. It all depends on the mood of each of them. Therefore, it must be ensured that the characteristics of the player’s mood pattern are compatible with the psychological characteristics of sports activity when determining the sports specialization during the selection process. (11: 240-244)

Al-Arabi Shamoun (2002 AD) also indicates that the development of psychological characteristics, which are represented in motivation, self-esteem and leadership, purposefulness, self-confidence, commitment, vigilance and other psychological features must go hand in hand with developing the elements of physical fitness through long programs. The extent and focus must be on them as in the case of basic skills in sports activities, and in the early stages of preparing the players requires integration so as to develop physical and skill abilities as well as psychological skills so that the benefit

can be achieved from the application of these skills in the competitive field and not to be neglected so as not to impede access to The highest levels of performance in sports activity. (8: 55)

And “Abdul Hakim Rizk, Ahmed Abdo” (2015 AD), quoting from “Hassan Allawi,” indicates that high-level athletes converge to a large extent in the physical, skill and tactical aspects, but there is an important factor that determines the outcome of their struggle during sports competitions, ways to win and record numbers, which is the psychological factor. Which plays an important role and depends on it to achieve victory and sports excellence, and where every sports activity has its psychological characteristics that are unique and distinguish it from other types of other sports activities, whether with regard to its nature, components or contents(90,7:89)

By noting the researcher in the field of wrestling and watching many local and international tournaments, he noticed that there is a difference between the results achieved at the local and international levels in most of the local and international tournaments and tournaments. For many reasons, such as the state of training or the psychological characteristics of the players that is not taken into account, or the correct method in selecting juniors according to certain criteria, which may involve personal whims

and are not in the interest of the wrestling player. Also, not taking into account the mood and physical patterns required for the body of wrestling players, and this may be the result of the inexperience of the coaches or those in charge of the training process. This is due to the lack of selection indicators, and the researcher also noted that there is a discrepancy in the level of results between wrestling players in some clubs compared to other clubs, and these results from not taking into account the mood and psychological characteristics appropriate to it in the selection processes. This may be due to the lack of knowledge of the appropriate mood pattern for each player, and it is expected that if this pattern is available and has the correct training method, it may lead in this case to progress in performance, which depends on the wrestler's tolerance of the appropriate training dose with his desired ideal pattern, and on the other hand Psychological features must be taken into account in selection and training. Each weight of wrestling requires its players to have certain psychological characteristics. For example, the psychological characteristics required for a wrestling player with light weights may differ from the psychological characteristics of wrestling players for heavy weights, which are expected for these players to achieve the desired sporting achievement. These psychological

features must be taken into account during selection and training, because they have an important role in achieving excellence. A wrestler, regardless of his level of training, and despite his distinction of the ideal mood pattern specific to the sport of wrestling that he practices and the special psychological features that are in line with the appropriate weight for him, will not be able to achieve the required level, so There should be an integration in selection and training between the temperament and psychological characteristics of the wrestler. When looking at the wrestling teams in most of the clubs, we notice that some members of the team were chosen in an unscientific way and did not take into account the specifications and characteristics required for the champion, such as the mood and psychological characteristics specified in the same weight participating in it. The expected result is the failure to achieve any advanced results from that stems from the importance of scientific and applied research. The researcher has noticed, to his knowledge, the relative lack of studies that dealt with the mood patterns of wrestlers and their relationship to psychological traits, the differences between them.

Research aims:

This research aims to identify the differences in mood patterns and psychological traits for young wrestlers, by identifying the following objectives:

- 1- Distinguished mood patterns of wrestling juniors in all weights.
- 2- Distinguishing psychological features of wrestling juniors in every weight.
- 3- The relationship between mood patterns and psychological characteristics of wrestling juniors.

Research questions

In light of the research objectives, the researcher puts the following questions:

- 1- What are the distinctive temperaments of wrestling juniors in each weight?
- 2- What are the distinctive psychological features of wrestling juniors in each weight?
- 3- Is there a statistically significant correlation between the mood patterns and psychological characteristics of wrestling juniors?

Terminology of study:

1- Psychological traits:

It is the distinctive tendency of a person to behave in a certain way, or it is any characteristic on the basis of which we can differentiate between one individual and another (7:63)

2- Mood styles:

It is a set of characteristics that distinguish an individual's emotions from other individuals, and they are characteristics that characterize the dynamics of an individual's emotional processes and are divided into three types: stimulating nervous work force - inhibitory nervous work force - balanced nervous work force. (4:14)

Search procedures:**Research Methodology:**

The researcher used the descriptive approach to suit the nature and procedures of the research

Research community:

The study population included wrestling juniors in Assiut Governorate clubs, consisting of (95) juniors aged between (12-15) years, who are registered in clubs in the sports season (2021-2022.)

The research sample:

The study sample was chosen randomly and included (75) juniors from wrestling sport as a basic sample and (20) juniors as an exploratory sample from Assiut Governorate clubs who are registered in clubs for the sports season 2021/2022 AD, whose ages range from (12-15) years.

The sample members were divided (95) players, including (75) players for the basic study (20) players for the exploratory study.

Table (1)**Distribution of wrestling juniors according to their registered clubs**

S	Club	Repetition	Percentage
1	Military Club	15	%20
2	West Country Club	15	%20
3	Wealidia Club	15	%20
4	Nasser Youth Club	15	%20
5	Sadafa Youth Center	15	%20
Total		75	%100

Table (2)**Distribution of the sample according to weight**

S	weight	Repetition	Percentage
1	Light (26 -38 km)(25	%33.33
2	Medium (42-47 km)	20	%26.67
3	Heavy (53-66 km)	17	%22.67
4	Open (above 66-73km)	13	%17.33
Total		75	%100

Table (2) shows the wrestling weights used in the research. The researcher believes that the selection of the sample in this way is commensurate with the objectives of the research

Data collection tools:

In light of the objectives and nature of the research, the researcher used the following to collect data:

First, the measure of mood patterns. (Prepared by Abd al-Salam Saleh Ali and others)

First: Mood Patterns Scale: (Prepared by Abd al-Salam Salih Ali and others)

Second: Psychological traits scale. (Prepared by Ahmed Abdo Hassan)

The scale consists of three dimensions (Motivational Nervous Workforce- Inhibitory Nervous Workforce - Balanced Nervous Workforce)- in total (51) on a three-way scale (highly agree = 3, moderately agree = 2, little agree = 1) A higher degree indicates a higher level of emotional intelligence, and vice versa. This assessment reflects the player's confidence in his abilities and the level of his mood patterns, so the

response is truly expressive of the player's feelings, thoughts and behavior, and his answers are for scientific research purposes only, and it is sufficient to mention the gender (male – female.)

First: the scientific coefficients of the mood patterns scale:

Differentiation Authenticity:

The researcher used the honesty of differentiation using the peripheral comparison method by calculating the value of the mean differences between the highest and lowest interquartile scores for (20) players from within the research community from outside the main sample.

Table (3)

The significance of the differences between the averages of the highest and lowest quartile scores In the self-confidence scale under study (n = 20)

S	Scale dimensions	Top quartile		Lower quartile		Value of "t"
		M	E	M	E	
1	Nervous stimulating force	41.44	1.01	34.33	1.58	11.36
2	Inhibitory nerve action	43.33	1.12	34.89	2.52	9.18
3	Balanced nervous power	43.11	1.45	35.00	0.86	14.39
4	Mood pattern scale	126.78	3.56	106.44	5.68	8.65

T-table value at 0.5 = 2.12

It is evident from Table (3) that there are statistically significant differences at the level (0.05) of the value of the highest and lowest quartile average scores in the dimensions of the scale of mood patterns scale as a whole for the sample under study, where the calculated "t" value reached (5.68) for the scale as a whole, which is greater than its tabular value when The same level, which indicates that the scale is

distinguished between the players, which confirms the sincerity of the differentiation.

Persistence:

To calculate the stability of the scale, the researcher used Cronbach's alpha coefficient on a sample of (20) twenty players from the research community and from outside the original sample, and the following table (4) illustrates this.

Table (4)
Alpha coefficients of the scale (n = 20)

S	Axis	Alpha Factor
1	Nervous stimulating force	0.86
2	Inhibitory nerve action	0.87
3	Balanced nervous power	0.85
	The scale as a whole	0.91

It is evident from Table (4) that:

The values of the alpha coefficients for the scale axes ranged between (0.85: 0.91), which are statistically significant coefficients, which indicate that the scale has an acceptable degree of stability.

Second: The scientific transactions of the psychological traits scale:

The arbitrators' sincerity:

The researcher presented the scale to a group of experts in the field of sports psychology, consisting of (6) experts (1), in order to express an opinion on the appropriateness of the scale in what it was developed for, both in terms of the axes and phrases specific to each axis and the extent of the suitability of those phrases to the

axis they represent. The statements that obtained 70% or more from the group of experts' opinions, and the percentage of expert opinions about the scale statements ranged between (33%: 100%), and thus (18) statements that did not obtain the specified percentage were excluded, and thus the number of Scale phrases in its final form (32) Thirty-two phrases.

B - Stability:

To calculate the stability of the scale, the researcher used Cronbach's alpha coefficient on a sample of (20) twenty individuals from the research community and from outside the original sample, and the following table (5) illustrates this.

Table (5)
Alpha coefficients of the scale (n = 20)

S	Axis	Alpha Factor
1	Insisting	0.84
2	Persistence	0.92
3	Self-assurance	0.79
4	Vigilance	0.89
5	Commitment	0.90

It is evident from Table (5) that:

The values of the alpha coefficients for the scale axes ranged between (0.79: 0.92), which are

statistically significant coefficients, which indicates that the scale has an acceptable degree of stability.

Search steps:

A - Survey study:

The researcher conducted an exploratory study of the scale used in data collection, where he applied it to a sample of (20) twenty emerging from the research community and from outside the basic sample in the period from 1/7/2022 to 15/7/2022AD, in order to identify the appropriateness of the scale.

B - The basic study:

After defining the sample and selecting the data collection tools and making sure of their validity and reliability, the researcher applied them to all members of the sample under study, and the application period was from 20/7/2022 to 20/9/2022.

Statistical processing of the search:

The researcher used the following in statistical processing of the research data:

- Arithmetic mean.
- Standard deviation.
- The mediator. The coefficient of skewness.
- Correlation coefficient.

The researcher satisfied a significance level at the level (0.05), and the researcher used the SPSS program to calculate some statistical transactions.

Presentation, interpretation and discussion of the results:

The answer to the first question, which states: What are the distinctive mood patterns of wrestling juniors in each weight?

**Table (6)
The arithmetic mean and the order of the mood patterns of wrestling players in the light weight (n = 75)**

Rank	SMA	Types	Wrestling sport weights
1	5.76	Nervous stimulating force	light weight
2	4.04	Balanced nervous power	
3	2.36	Inhibitory nerve action	
2	4.53	Nervous stimulating force	Middle weight
3	4.85	Balanced nervous power	
1	3.30	Inhibitory nerve action	
3	3.47	Nervous stimulating force	heavy weight
1	5.85	Balanced nervous power	
2	4.35	Inhibitory nerve action	
3	2.69	Nervous stimulating force	open weight
2	5.19	Balanced nervous power	
1	5.46	Inhibitory nerve action	

The arithmetic averages of the mood patterns of wrestling players in the light weight ranged between (2.36: 5.76), as the characteristic pattern for it is (the stimulating nervous power). This result is consistent with the component of the lean style in light weight, which is superior to the component of muscle and obesity, as this style in wrestling is characterized by strength, speed, performance and muscular endurance.

The researcher believes that the pattern of (the stimulating nervous work force) should be distinguished by the wrestling player, especially in the light weight, because the sport of wrestling requires effort, high speed, and high muscular endurance. Bayoumi (2012 AD) (9) and the study of "Safa Jaber and Rasha Muhammad" (2007 AD) (6)

As for the mood patterns of the middle weight, the arithmetic averages of the mood patterns of the wrestling players in the middle weight ranged between (3.30: 4.85), as the distinctive pattern is (balanced nervous work force), the researcher believes that the balanced nervous work force must be

characterized by the emerging sport of wrestling, especially In the medium weight, as wrestling requires a violent effort, as wrestling is considered the most combat sport that requires more muscular endurance, speed of performance, and compatibility between the muscular forces of both (arms - legs - and trunk)

The results showed that the mood patterns characteristic of heavy and open weight are (balanced nervous work force), and this result is consistent with the heavy and open weight in wrestling, which is characterized by strength, speed and muscular abilities with a relative slowness in moving on the rug. Balanced) wrestlers must be distinguished, especially in heavy and open weights, with the muscular ability and speed of reaction that wrestling requires at this weight, because wrestling is one of the most individual games that need it.

The answer to the second question, which states: What are the distinguishing psychological features of wrestling players of every weight?

Table (7)
Arithmetic mean, percentage and order of different weights of wrestling players
On the psychological traits scale (n = 75)

Rank	Percentage	SMA	Types	wrestling sport weights
2	%70.13	10.52	Insisting	light weight
2	%73.33	13.20	Persistence	
3	%67.47	10.12	Self-assurance	
3	%67.33	12.12	Vigilance	
3	%68.67	20.60	Commitment	
1	%75.33	11.30	Insisting	Middle weight
1	%77.50	13.95	Persistence	
2	%72.00	10.80	Self-assurance	
2	%72.78	13.10	Vigilance	
1	%78.67	23.60	Commitment	
3	%66.01	11.88	Insisting	Heavy weight
3	%66.01	11.88	Persistence	
1	%76.08	11.41	Self-assurance	
1	%77.45	13.94	Vigilance	
2	%74.71	22.41	Commitment	
4	%58.46	8.77	Insisting	Open weight
4	%61.11	11.00	Persistence	
4	%62.56	9.38	Self-assurance	
4	%60.26	10.85	Vigilance	
4	%61.54	18.46	Commitment	

The results showed in Table (7) that the design trait and the persistence trait had the highest presence in wrestling juniors in the medium then light weight and the lowest presence in the open weight and then the heavy, and therefore the order of the design and persistence trait for the four weights under discussion in descending order (medium weight then light weight then heavy then open)

And that the athlete who is distinguished by the design feature is considered among the players to exert effort, whether in training or competition, and does not try to slacken regardless of the length of the training period or the outcome of the competition.

The researcher believes that the design feature is of great importance and must be available to the wrestling youth in order to reach the best levels

and achieve achievements. In the open weight, and therefore, the order of these features is in descending order for the four weights under consideration: heavy, medium, light, then open.

As for the trait of commitment, it was defined by "Osama Ratib, Ali Muhammad" (1992 AD) (2) that it is a psychological process that has a psychological and social dimension. The level of commitment of a person becomes clear when the athlete is convinced of the importance of training and work without being

affected by external pressures and without the need for someone to tell him about the importance of work and this agrees With the results, "Sundus Fathi" (2013) (5) and "Ahmed Adly" (2002) (1) "Safa Jaber and Rasha Muhammad" (2007) (6), "Abdul Hakim Rizk, Ahmed Abdo" (2015) (7)

The answer to the third question, which states:

Is there a statistically significant correlation between the mood patterns and the psychological characteristics of wrestling players?

Table (8)
Correlation coefficients between mood patterns and psychological characteristics of weights for wrestling players (n = 75)

Weights	Psychological traits scale	mood pattern scale	Significance level
	correlation coefficient	correlation coefficient	
Light	0.87	0.85	Indicative
Middle	0.89	0.95	Indicative
Heavy	0.77	0.86	Indicative
Open	0.82	0.88	Indicative

Tabular value (t) at a degree of freedom (23) and a level of significance (0.05) = 0.396

There is a direct, statistically significant, correlation between the mood patterns and the distinctive psychological characteristics of wrestling athletes in light weight, medium weight, heavy weight and open weight.

These results are consistent with the study of Ahmed Adly (2002) (1) and the study of Ayman Abdel Salam (2007 AD) (3), and these results agree with the results of many studies such as Muhammad Ali Mahmoud and others (2004 AD) (10), in that each A temperamental pattern that has psychological features that distinguish

it and differ from other patterns, as their results showed that the pattern most distinguished in short-time activities, which has positive features such as speed of movement, reaction and exaggeration in emotions is the thin pattern that is characterized by light weight and medium weight is (work force pattern nervous balance).

As for the heavy weight and the open weight, it is characterized by (the pattern of the inhibitory nervous work force) and that the pattern of the balanced nervous work force) is characterized by strength, speed of reaction and agility. Persistence, self-confidence, and the psychological features that must be available in the youth of wrestling in order to reach the highest levels of results. It means for the wrestling player to do everything in his power to achieve the desired goal and to risk with all force during the tournament to reach victory in relation to the open weight. There are significant horns Statistical in (vigilance and commitment) There are centuries that are not statistically significant in the traits (determination - persistence - and self-confidence.)

Conclusions:

1- The characteristic temperament of the wrestlers in light weight is the stimulating nervous force pattern, the characteristic temperament of the wrestlers in the middle and heavy

weight is the balanced nervous work force pattern)

2- The distinguishing psychological features of wrestling players are (determination, persistence, self-confidence, vigilance, commitment)

3- There is a statistically significant correlation between the mood patterns and the distinct psychological features of the wrestling youth.

Recommendations:

The need to pay attention to training statisticians on how to measure mood patterns so that they can easily and without errors from time to time.

1- The need to work on continuous physical measurements to know the typical development of the wrestling player during each stage he goes through and during training periods, especially the junior stage.

2- Raising awareness among the trainers about the importance of studying mood patterns because of their great importance in the selection and evaluation processes, as well as their importance to national aspects and health habits.

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